

# MAY 2019

## is Mental Health Matters Month

1

WED.



**Ropes for Hope: a jump roping event for ages 16-26**

2:30-3:30 p.m.

433 M St., Eureka  
sfarmer@co.humboldt.ca.us

9

THURS.



**The Dark Side of the Full Moon: A Film about Postpartum Depression**

4-6 p.m.

Jefferson Community Center  
1000 B St., Eureka  
eadams@co.humboldt.ca.us



**Sign-making for Mental Health Matters Walk and Rally.**

2-4 p.m.

433 M St., Eureka  
dltaylor@co.humboldt.ca.us

10

FRI.



**Art for Life and Hope Center Art Show**

10 a.m.-4 p.m.

Rainbow Room  
720 Wood St., Eureka  
jan@artforlife-eureka.org

3

FRI.

**Health and Wellness Fair**

11 a.m.-3 p.m.

Farmers' Market at Garberville Town Square  
aterrones@shchd.org

**Baileterapia: Dance Therapy**

7-8 p.m.



Multi-Generational Center  
2280 Newburg Rd., Fortuna  
caterina.kein2@stjoe.org

17

FRI.



**Hope Center Wellness Connection BBQ**

11 a.m.-2 p.m.



Carson Park  
H St., Eureka  
kjack@co.humboldt.ca.us

6

MON.



**Baileterapia: Dance Therapy**

7-8 p.m.

Jefferson Community Center  
1000 B St., Eureka  
caterina.kein2@stjoe.org

18

SAT.



**Be Well Self-Care Fair**

11 a.m.-4 p.m.

Eureka Library  
1313 Third St., Eureka  
cbalkovek1@co.humboldt.ca.us

7

TUES.

**Mental Health Proclamation**

9 a.m.

Board of Supervisors Chambers,  
Humboldt County Courthouse, Eureka  
mmontgomery@co.humboldt.ca.us

21

TUES.

**LGBTQ Awareness, Sensitivity and Competency Training**

9 a.m.-3:30 p.m.

Humboldt Area Foundation  
363 Indianola Cutoff  
To register: [publichealthPEI@co.humboldt.ca.us](mailto:publichealthPEI@co.humboldt.ca.us)



**Mental Health Matters**

**Walk and Rally**

11:50 a.m.-1:30 p.m.

720 Wood St. (Hope Center) to  
Courthouse, Eureka  
kjack@co.humboldt.ca.us

22

WED.

**Question-Persuade-Refer:  
Community Suicide Prevention Training**

9-11:30 a.m.

Community Wellness Center  
908 Seventh St., Eureka  
[publichealthPEI@co.humboldt.ca.us](mailto:publichealthPEI@co.humboldt.ca.us)

8

WED.



**ReFrame Your Brain Art  
Opening and Reception**

5-7 p.m.

Eureka Library  
1313 Third St., Eureka  
[publichealthPEI@co.humboldt.ca.us](mailto:publichealthPEI@co.humboldt.ca.us)



**Screening of Inside Out (Spanish)**

5:30-7 p.m.



Jefferson Community Center  
1000 B St., Eureka  
caterina.kein2@stjoe.org



**Screening of Inside Out (Spanish)**

5:30-7 p.m.



Rohner Recreation Hall  
5 Park St., Fortuna  
caterina.kein2@stjoe.org

23

THURS.



**Screening of Inside Out (English)**

2-4:30 p.m.

Eureka Community Resource Center  
35 W. Third St., Eureka  
brian.olson@stjoe.org



**Willow Creek Mental Health  
Awareness BBQ**

1-4 p.m.

Veteran's Park  
100 Kimtu Rd., Willow Creek  
karen.diers@stjoe.org

### KEY



Free food



Physical activity



Art making or viewing



Movie or film



Child care available

**ALL EVENTS ARE FREE!**

For more information, call 707-268-2132 or  
email [publichealthPEI@co.humboldt.ca.us](mailto:publichealthPEI@co.humboldt.ca.us).

# MAYO 2019

## es el mes de importancia de la salud mental

**1**  
Miércoles



**Ropes for Hope: un evento para saltar la cuerda para edades de 16 a 26 años**  
2:30-3:30 p.m.  
433 M St., Eureka  
sfarmer@co.humboldt.ca.us

**9**  
Jueves



**Exhibición de la película *The Dark Side of the Full Moon*: película sobre depresión postparto**  
4-6 p.m.  
Jefferson Community Center  
1000 B St., Eureka  
eadams@co.humboldt.ca.us



**Fabricación de carteles para la Caminata y la Reunión de Salud Mental**  
2-4 p.m.  
433 M St., Eureka  
DLTaylor@co.humboldt.ca.us

**10**  
Viernes



**Espectáculo de Arte del Hope Center y Art for Life**  
10 a.m.-4 p.m.  
Rainbow Room  
720 Wood St., Eureka  
jan@artforlife-eureka.org

**3**  
Viernes

**Feria de salud y bienestar**  
11 a.m.-3 p.m.  
Farmers' Market at Garberville Town Square  
aterrones@shchd.org



**Baileterapia**  
7-8 p.m.  
Multi-Generational Center  
2280 Newburg Rd., Fortuna  
caterina.kein2@stjoe.org



**La Fiesta Alternativa**  
4:30-9:30 p.m.  
Outer Space  
1100 M St., Arcata  
hduffy@co.humboldt.ca.us



**Barbacoa del Hope Center Wellness Connection**  
11 a.m.-2 p.m.  
Carson Park  
H St., Eureka  
kjack@co.humboldt.ca.us

**6**  
Lunes



**Baileterapia**  
7-8 p.m.  
Jefferson Community Center  
1000 B St., Eureka  
caterina.kein2@stjoe.org

**17**  
Viernes

**18**  
Sábado



**Feria de autocuidado "Be Well" ("Cuídate")**  
11 a.m.-4 p.m.  
Eureka Library  
1313 Third St., Eureka  
cbalkovek1@co.humboldt.ca.us

**7**  
Martes

**Proclamación de Salud Mental**  
9 a.m.  
Board of Supervisors Chambers  
Corte del Condado de Humboldt, Eureka  
mmontgomery@co.humboldt.ca.us

**21**  
Martes

**Capacitación sobre Concienciación, Sensibilidad y Competencia LGBTQ**  
9 a.m.-3:30 p.m.  
Humboldt Area Foundation  
363 Indianola Cutoff  
To register: publichealthPEI@co.humboldt.ca.us

**8**  
Miércoles



**Re-enfoca tu Mente, Apertura y recepción de artistas**  
5-7 p.m.  
Eureka Library  
1313 Third St., Eureka  
publichealthPEI@co.humboldt.ca.us

**22**  
Miércoles



**Exhibición de la película *Inside Out*, en español**  
5:30-7 p.m.  
Jefferson Community Center  
1000 B St., Eureka  
caterina.kein2@stjoe.org



**Exhibición de la película *Inside Out*, en español**  
5:30-7 p.m.  
Rohner Recreation Hall  
5 Park St., Fortuna  
caterina.kein2@stjoe.org

**23**  
Jueves



**Exhibición de la película *Inside Out*, en inglés**  
2-4:30 p.m.  
Eureka Community Resource Center  
35 W. Third St., Eureka  
brian.olson@stjoe.org



**Barbacoa para la conciencia de la salud mental en Willow Creek**  
1-4 p.m.  
Veteran's Park  
100 Kimtu Rd., Willow Creek  
karen.diers@stjoe.org

## La leyenda



Comida gratis



La actividad física



El arte



Película



Cuidado infantil disponible

**¡Todos los eventos son gratis!**

Para obtener más información, llame al 707-268-2132 o envíe un correo electrónico a publichealthPEI@co.humboldt.ca.us.